

LONDON metro®

Tonight's Jackpot
\$11,000,000
estimated

THE NEW
LOTTO 649

PLUS A
GUARANTEED \$1 MILLION PRIZE DRAW

NEWS
WORTH
SHARING.

NO ONE IS ANONYMOUS ... ANYMORE

PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR 3-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP YOU KEEP WHAT'S LEFT OF YOURS **PAGES 6-7**



City council denies city council a raise

Coun. Harold Usher the only 'yes' vote for the \$27 per month — or one per cent — pay hike **PAGE 2**

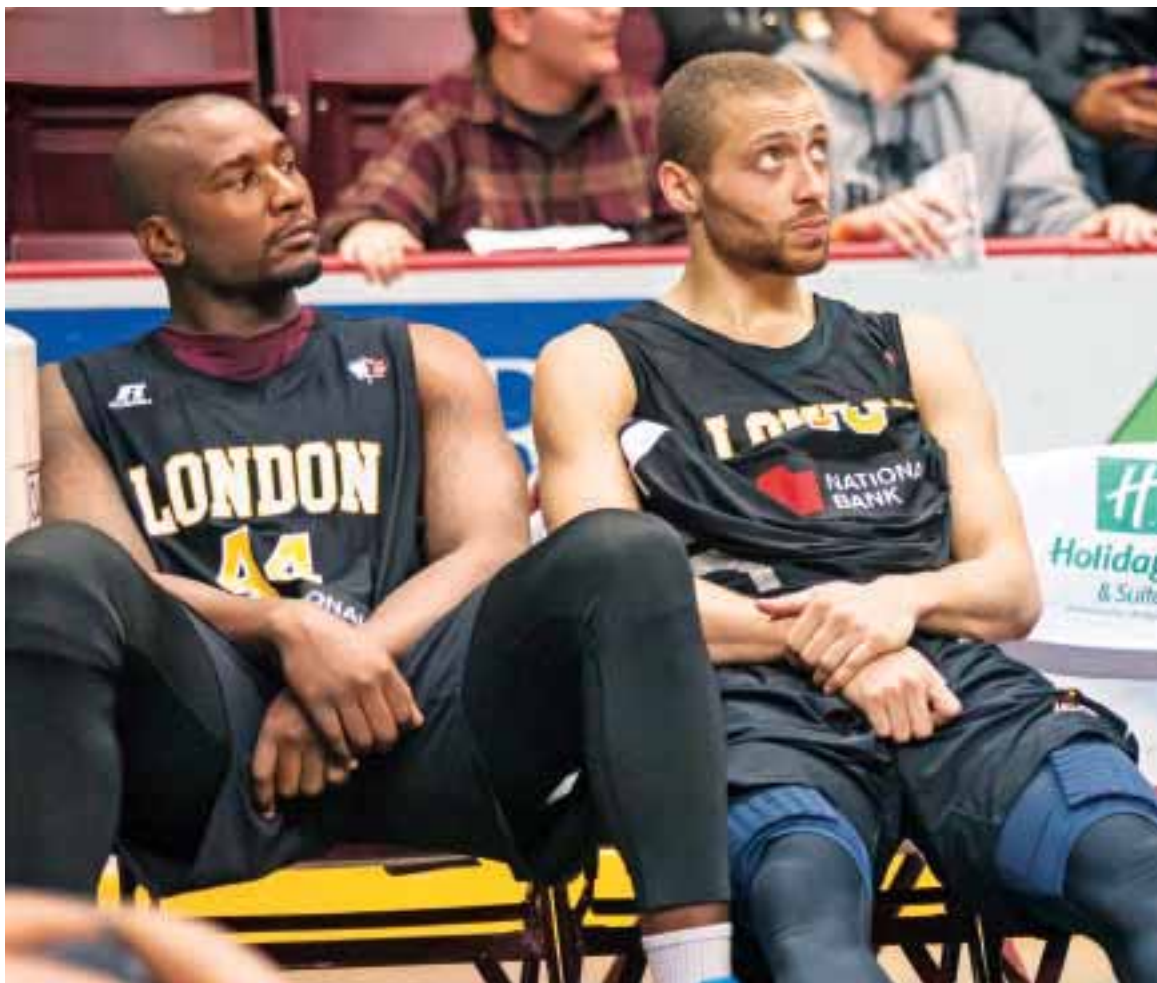
Fact: Captain America barely made the rank of captain

Use Metro AR to see behind-the-scenes photos of Cappy's newest film **PAGE 11**

Hayley Wickenheiser is tougher than your dad

Women's hockey star admits she led Canada to gold ... with broken foot **PAGE 17**

London Lightning fizzle out



London Lightning's Jermaine Johnson, left, and Garrett Williamson sit on the bench as time runs out in Game 7 on Tuesday against the Windsor Express. The Lightning lost 110-95 in Windsor. MARK SPOWART/FOR METRO

Game 7. Windsor Express dash London's hopes of becoming three-time NBL of Canada champs



**DAVE
LANGFORD**
dave.langford@metronews.ca

The series was blood and guts, rocking and rolling, from beginning to end. Two teams that dislike each other immensely fighting it out from stem to stern.

And in the end, London Lightning, despite bringing along three buses and 300 fans, were just not good enough, at least on this Game 7 night.

Windsor Express emerged as the National Basketball League of Canada's conference champions with a 110-95 win Tuesday before 2,503 spectators at the WFCU Centre.

The Lightning's string of league championships ended at two with the loss.

Windsor, with its fourth win in seven, now has a berth in the league final against Island Storm from Charlottetown, P.E.I.

Opening game in the best-of-seven final will be Friday at the WFCU Centre at 7 p.m. with Game 2 on Sunday. Games 3, 4 and 5, if necessary, will be in Charlotte-town.

This is the first season the playoffs have included best-

League history

It was the first Game 7 in the three-year history of the NBL of Canada and the Express won four of the seven, two at home and two on the road.

of-seven series.

The first quarter was a microcosm of the game — and the series — as each team played superb basketball, with London shooting .500 from the floor and Windsor .588.

And that's not mentioning the eight lead changes and London emerging with a two-point advantage at 30-28.

By the half, after three more lead changes, Windsor led 49-45.

In the second half, the lead changes diminished — none in the third quarter — and the Express built up the lead to as much as 12 in the third quarter, and fourth quarter, well, never mind.

And in the end, it came down to exactly what London knew they had to do to win: Stop DeAndre Thomas (they didn't, as he scored 26) and keep the two guards from scoring (Stefan Bonneau and Dennis Duncan combined for 37 points).

Veteran Elvin Mims had 22 points for the Lightning, with Jermaine Johnson and Greg Surmacz adding 14 each.

And with that, the Lightning lights went out and the season ended.

Everything's coming up, um, daffodils

Cara Bournstein, a Fanshawe College student on a placement with the Canadian Cancer Society Elgin-Middlesex Community Office, was on hand with plenty of daffodils Tuesday as the non-profit launched Cancer Awareness Month. To mark the occasion, the organization has teamed up with Loblaw Companies in an effort to sell more than one million daffodils. A portion of proceeds from each sale will go to the non-profit.

MARK SPOWART/CNW GROUP



Council declines its own pay raise

One per cent. Just one councillor was in favour of \$27-per-month hike



MIKE DONACHIE

mike.donachie@metronews.ca

In the end, it died quietly.

Members of council were faced Tuesday night with deciding whether to accept a pay raise for the coming year, after a week of loud controversy on the issue.

It was only \$27 a month but it had caused plenty of

Decision done

- There was overwhelming support for voting down the proposed pay raise for council members.
- Of the 14 councillors and the mayor, only Coun.

Harold Usher supported the hike.

- It would have taken a councillor's pay to \$33,800 and the mayor's pay to \$105,301.

fuss, not least after Coun. Joni Baechler gave a radio interview suggesting that not everybody deserved the hike. That led to angry scenes in committee last week.

But by the time the full

council had to make a decision, almost everyone was willing to decline the raise. Councillor after councillor said it would be wrong to accept it.

Coun. Paul Van Meerbergen, for example, said coun-

cil needed to show it was "in sync" with Londoners, many of whom aren't getting a pay raise this year.

Coun. Stephen Orser admitted he'd "flip-flopped" on the issue and was now against a raise.

There was a suggestion by Coun. Bill Armstrong that a one per cent increase could apply only to the new council elected in the fall, but procedures wouldn't allow that, he was told.

"Let's just kill it for the year, will we?" said Mayor Joe Fontana as he called the vote.

The vote was no.

Pull your pants up. Orser demands some decency for April Fools'

Some people want councillors to pull up their socks or tighten their belts, but one councillor sent out some of his own fashion advice Tuesday.

Pull your pants up, Coun. Stephen Orser said, or you could be fined \$280. And he had the draft bylaw to back it up.

Baggy pants are "publicly disrespectful," he said, an eyesore and, with the risks in-

involved in riding bikes, a safety issue.

The idea caused some controversy around town, with criticism on Twitter and Orser even taking angry calls while he was on a radio talk show.

But the date of the proposed bylaw told the real story. It was to take effect April 1, so, of course, it was never a serious idea.

MIKE DONACHIE/METRO

Dan Ross

Correction

Dan Ross is CEO of the London Health Sciences Foundation, an organization that works with donors to generate money for London Health Sciences Centre. His title was incorrect in a story on page 3 of Tuesday's paper. **METRO**

Council vote

Tighter rules urged for expenses

The idea of allowing councillors more wiggle room on their expenses caused anger at city hall Tuesday.

In recent weeks a variety of permissible expenses for councillors has been suggested, like buying tickets to community events for people on low incomes or letting members pay for "educational forums."

That led to concern in the council chamber Tuesday, led by Coun. Nancy Branscombe and Coun. Denise Brown.

"This is taxpayers' money," said Branscombe. "It's not my money."

She said the city was in danger of having "a slush fund for councillors."

Brown formally proposed that city staff be told to look at the issues again, drawing up stricter rules on how expenses can be spent. Council agreed with Brown 11-4. **MIKE DONACHIE/METRO**

447 Old Wonderland Rd.

Changes sought for development

Council has asked staff to take another look at a planned medical/dental building at 447 Old Wonderland Rd. and work with the developers to ensure it's appropriate for the site.

And there were specific conditions. They included a wider landscaping border, a smaller building and a review of traffic safety concerns. **MIKE DONACHIE/METRO**

Concert times

Memorial Cup party goes ahead

The rules on late-night concerts are to be relaxed during the Memorial Cup. Council agreed to allow two downtown concerts to go on until 12:30 p.m. during the May event, instead of the current limit of 11 p.m.

MIKE DONACHIE/METRO



Cheeky chap Stephen Orser made a tongue-in-cheek proposal that caught some attention on Tuesday. **MIKE DONACHIE/METRO**

That's the spirit. LCBO Express coming to a store near you

Soon, Ontario grocery shoppers will only have to make a single stop to buy both wine and cheese.

The Liquor Control Board of Ontario will open 10 LCBO Express stores inside grocery stores across the province through a request for proposals, Finance Minister Charles Sousa said Tuesday.

The announcement gives the green light to a pilot project the Liberal government promised two years ago.

Phase One is expected to see express outlets open this year in London, Toronto East, Toronto West, Mississauga, Ottawa, Virgil and Thorold. They would keep the same hours as the government-run stores as opposed to the hours of the grocery store that houses them.

Many grocery stores in On-

Alcohol market \$10B

Estimated value of Ontario's alcohol market in 2012-13.

Source: Ontario government

tario have had wine stores in them for some time.

The LCBO Express stores would be about 2,000-square-foot compared to regular LCBO stores that are about 15,000-square-foot.

The store will sell many of the same brands of beer and spirits as well as craft beers and Ontario wines.

"Ontarians have been asking for greater access and convenience to buy their favourite beer, bottle of wine, or spirit," Sousa said. **SCOTT TAYLOR/METRO**

Snow survey. Londoners being warned to stay away from icy waterways

The Upper Thames River Conservation Authority is warning people to stay away from ice on area waterways during the spring thaw.

It's been a slow thaw so far due to, well, a relatively cool spring, but there's still enough of a risk that people should still stay clear of icy patches that remain, senior water resources engineer Mark Helsten said.

Since the weather has been dry, serious flooding is not anticipated despite daytime temperatures expected to stay above freezing.

"A snow survey taken

yesterday indicates that the southern portion of the Upper Thames River basin has an average of about 30 to 40 (millimetres) of water equivalent with 40 to 50 per cent (ice) coverage remaining," said Helsten on Tuesday.

"In the north there is still mostly 100 per cent snow coverage, with an average water equivalent of 60 to 70 (millimetres of ice)."

Flood control reservoirs at Fanshawe, Wildwood and Pittock are at seasonal levels, and will be operated as needed to reduce the effects of flooding. **MIKE DONACHIE/METRO**

Floral challenge issued for Old East Village

Pollinators. Organizers come together to help flowers get planted



MIKE DONACHIE
mike.donachie@metronews.ca

Old East is about to get a bit prettier, and it's all about the birds and the bees.

Welcome to the Million Seed Challenge, which has drawn together several village organizations in an effort to spread wildflowers across the area.

The hope is that it will encourage more pollinators — those bees and birds — and, in turn, make the area more friendly to fruit, vegetables and other plants.

And it's specifically about making a small change to the urban character of Old East, but not just to make it look better.

"It's more than beautification," said team leader Lee Anderson. "It will look nice, but I think there's also a really practical side to it as well, just to get people

Quoted

"The aim is to provide a habitat for much-needed pollinators who are in charge of producing the vegetables and fruit that we eat."

Carina Moyer, part of the Million Seed Challenge



Ashley Desjardine, left, and Carina Moyer are about to start planting a million seeds in Old East Village. They have logos on the backs of their shirts only because their work will mean they'll have their backs to the public all day.

MIKE DONACHIE/METRO

more in touch with the food that they eat.

"When you go back to the original plan of this project, it was looking at Old East Village as an arts and culture destination and as an agri-food centre."

The Million Seed Challenge is based on a job creation program set up with government funding but led by the Palace Theatre and the Old East Village Business Improvement Area. Partners also include the Western Fair Farmers' Market, Aeolian Hall and the

London Potters Guild.

The two people taking on the task are Carina Moyer and Ashley Desjardine,

who will be recognizable in their green T-shirts, planting seeds throughout the summer.

London's growing

- Donations of seeds are being sought by the two workers leading the campaign.
- Seeds can be dropped off at the Palace Theatre (710 Dundas St.). Seedlings, cash donations and volunteer help are also welcome.
- Workers are hoping to plant native and non-invasive wildflowers on all available open space.
- For more details, look for the project leaders' blog at oevhub.wordpress.com.

Debankify and have a little extra, extra.

Save up to \$200 yearly with a no fee bank account.

President's Choice
FINANCIAL

That's just good banking.

Savings comparison based on the fees for limited and unlimited transaction account packages and one order of cheques as offered by the major Canadian banks as of January 1, 2014.
©Loblaws Inc. Used under licence. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

Queen's Park. Liberals' big-spending budget draft leaked to Conservatives

The Liberals' budget playbook has been intercepted by the Progressive Conservatives in a huge fumble for Premier Kathleen Wynne's minority government.

Confidential Ministry of Finance documents leaked to the Conservatives reveal Finance Minister Charles Sousa is set to table a big-spending budget on May 1 that cuts hydro rates, boosts funding for in vitro fertilization and earmarks \$2.5 billion over 10 years to attract business to Ontario.

Insiders handed the Tories an 11-page "communication

rollout" that shows at least \$5.7 billion in new spending in the fiscal blueprint.

The internal calendar — which sources told Torstar News Service is an authentic early draft that has since changed — shows the Liberals planned 39 different budget-related announcements over 27 days leading to the May 1 main event.

That date is now in question and rattled government officials were huddling Tuesday to determine whether to delay it by a week to May 8.

TORSTAR NEWS SERVICE



Premier Kathleen Wynne TORSTAR NEWS SERVICE

Family lifestyle show. Mompreneurs raising money for single mothers

Fun that's affordable is being offered at a fundraiser next weekend.

The London Mompreneurs Group is raising money for Single Women In Motherhood at its second annual family lifestyle show.

It happens on April 13 from 10 a.m. to 4 p.m. at the Best Western Lamplighter Inn, and it costs \$2 per person. Children get in free.

As well as being fun, it's de-

signed to give local businesses a venue to showcase their wares and services.

On offer will be face-painting, balloon animals, TV cartoon characters to meet, a reading corner and free martial-arts lessons.

There will also be mini-makeovers for mothers and a "dads' den" to escape to.

To find out more, go to familylifestyleshow.ca.

METRO

National Poetry Month. City's former poet laureate to help celebrate her craft

It's National Poetry Month, and London's prominent poet, Penn Kemp, is of course joining in.

The city's former poet laureate begins the month with involvement in Roadside Elegies, which takes place at The Circle, Brescia University College, from 7 p.m. on Thursday.

Kemp, alongside author Mary Hamilton and fellow poet Tanis Macdonald, will discuss the elegy in contemporary cul-

ture, as well as reading some of their work.

The event costs \$5 per person and is in the St. James Auditorium.

Kemp will also be among those taking part in the London Open Mic Poetry Night at the Landon Library on April 16 starting at 6:30 p.m.

She will be launching and performing parts of her new book, From Dream Sequins.

MIKE DONACHIE/METRO



Unifor national president Jerry Dias says many of the workers at Toyota plants in Cambridge and Woodstock are contract workers who get paid significantly less than their co-workers. TORSTAR NEWS SERVICE FILE

Unifor stands firm in Toyota union bid

Risky business.

Mega-union undeterred by recent Kellogg's, Heinz plant shutdowns



SCOTT TAYLOR
scott.taylor@metronews.ca

The estimated 6,500 workers at Toyota plants in Cambridge and Woodstock are not placing themselves in jeopardy if they vote next week to become unionized, said the head of the union that would represent them.

Unifor president Jerry Dias said a union would ensure all employees are treated equally in regards to pay, benefits and pension, and that the company would no longer be able to arbi-

trarily dictate working hours and environment.

He said much of the work force are contract workers who work full-time hours, but get paid significantly less money than their colleagues.

"First of all, 25 per cent of the workforce are contract workers and you would think by that name that it somehow would connote something other than full-time, but these people are clearly full-time," Dias said Tuesday. "They've been working there for years."

If a simple majority of the employees votes for Unifor, they would become the first Toyota workers to unionize.

Dias said the workers wouldn't have to worry about repercussions from Toyota, even though a number of other factories in the region have recently closed, their production

sent to cheaper, non-unionized locations elsewhere around the world.

"Nobody invests the type of money that Toyota has in these facilities to leave because it happens to be a unionized plant," he said. "Toyota is organized in 90 per cent of their facilities outside of North America."

"They're used to dealing with unions."

But mainstays such as Kellogg's, Heinz, Invacare Corp. and others have either shut their doors or announced the intention to do so, and some have said expensive union contracts are part of the reason.

Dias said he's seen the numbers and they don't lie.

"If you take a look through Statistics Canada, since the recession," Dias said, "there's been 10,000-plus unionized jobs created, while we're nega-

Bad omens?

Southwestern Ontario unionized plant shutdowns:

- **Electro-Motive Diesel (2012):** About 500 jobs
- **Kellogg's London (end of 2014):** About 550 jobs
- **Heinz (June 2014):** About 740 jobs (About 250 will find new employment with Highbury Canco Corporation, which is taking over the plant)
- **Invacare (mid-2014):** About 70 jobs

tive 5,000 non-union jobs."

This is the third attempt to unionize the Toyota workers.

Teens charged after truck theft: Police

Three London teens are facing serious charges after being linked by police to a truck that was stolen on Monday.

Concerned citizens alerted police to a truck with visible damage speeding through the city with a young driver behind the wheel.

The vehicle had been reported stolen overnight from a residence on Bellwood Crescent near Adelaide and Oxford streets.

Police said they spotted the truck at about 10:30 a.m. near the airport. Although no one was inside, four teens were ar-

rested at or near the site.

As a result of the investigation, two 15-year-old boys and one 15-year-old girl have been charged with theft of a motor vehicle and possession of property obtained by crime exceeding \$5,000.

One of the boys was also

charged with failing to report an accident. The fourth teen was released with a warning.

Less than 12 hours later, the teen believed to be driving the truck was arrested again for two counts of breaching his conditions for release, police said. SCOTT TAYLOR/METRO

Pain or prison: Medical pot users say government is making them choose

'It's unconscionable.'

Protesters convene on Parliament Hill to protest being 'forced' to choose between 'basic health' and 'liberty'

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other



Cannabis activists hold a rally on Parliament Hill in Ottawa on Tuesday to protest the government's new medical marijuana regulations. SEAN KILPATRICK/THE CANADIAN PRESS

licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to

continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can

use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

Quoted

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty."

Debbie Stultz Giffin, MS sufferer and medical-pot user

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

"It's unconscionable."

Alison Myrden, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

Ottawa is trying to take away the "God-given right" to

grow cannabis to relieve pain symptoms, Myrden said.

The number of people authorized to possess — and frequently grow — marijuana under the old federal program climbed to 37,000 this year from fewer than 100 in 2001.

Several patients permitted to cultivate their own pot, or serve as a designated grower for someone else, say the planned new system denies ill Canadians a safe, affordable supply of medical marijuana.

Some say they can grow at home for pennies a gram, while official suppliers licensed by Health Canada charge anywhere from a discounted price of \$3 a gram to as much as \$13.50.

"It would cost me \$60,000 (annually) to purchase cannabis through one of the licensed producers," said Stultz Giffin, a founder of a group of pot activists known as Maritimers Unite for Medical Marijuana.

"And I live on under \$30,000 a year."

THE CANADIAN PRESS

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS



Chile. Huge earthquake hits off coast

A powerful magnitude-8.0 earthquake struck off Chile's northern coast Tuesday night, and authorities ordered an evacuation of coastal areas in case of a tsunami. There were no immediate reports of injuries or damage.

The U.S. Geological Survey said the quake struck 99 kilometres northwest of the city of Iquique, shaking a region that has been rocked by numerous quakes over the past two weeks.

The latest tremor also shook buildings in parts of Bolivia and Peru. Waves measuring almost two metres struck cities on the northern coast.

Local TV images showed residents evacuating calmly, despite a tsunami being expected to reach nearby cities.

The Pacific Tsunami Warning Center issued an alert for all of Latin America's Pacific coast.

THE CANADIAN PRESS

Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in



your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."



In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from *The Girl With The Dragon Tattoo*. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

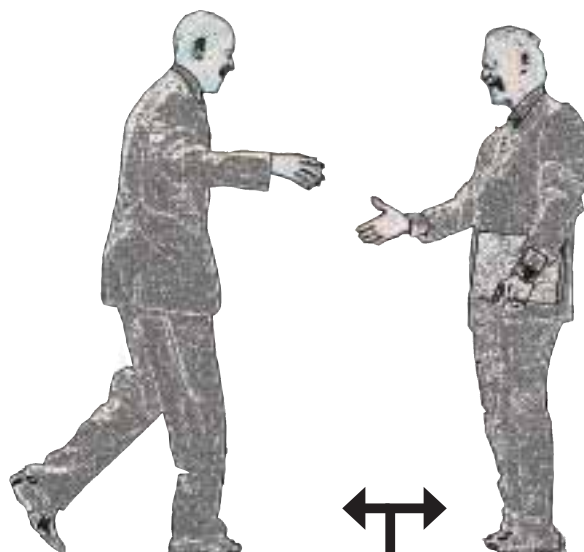


Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of \$1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.

- Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.
- One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi



Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.



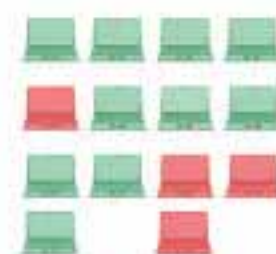
Social hacking

A hacker made off with \$100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they

should ask for ID, but they don't.

- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.



Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.



Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says

curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing

ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and wait-

ing hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA



Ethical hacker Leigh Honeywell
VINCE TALOTTA/TORSTAR NEWS SERVICE

NATO to reinforce eastern defences, cuts Russia links

Foreign ministers meeting. Unanimous agreement to end all practical civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security since the end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout

from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

At the Tuesday afternoon meeting he attended with the foreign ministers, the secretary said, "more allies pledged their own contributions to make sure every ally from the Baltic to the Black Sea feels secure."

THE ASSOCIATED PRESS



Ukraine's Foreign Minister Andrii Deshchychitsia speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird told The Canadian Press from Brussels.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said.

THE CANADIAN PRESS

Obama celebrates health-care law's 7M sign-ups



U.S. President Barack Obama, with Vice-President Joe Biden, speaks at the White House in Washington, Tuesday. CAROLYN KASTER/THE ASSOCIATED PRESS

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7 million threshold that once

Quoted

"Why are folks working so hard for people not to have health insurance? Why are they so mad about the idea of folks having health insurance?"

U.S. President Barack Obama, lashing out at critics of his Affordable Care Act

was seen as unattainable, even as the number still could climb. People who started applying but couldn't finish before the Monday midnight deadline can have extra time, as do potential enrollees with special circumstances.

Administration officials said they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period, such as how many enrollees were previously uninsured and whether enough younger, healthy

people signed up to offset the costs of covering older, sicker consumers.

But Obama said after the initial computer problems that plagued the online insurance exchanges where people could sign up, the law was working as he had hoped.

"The bottom line is this: Under this law, the share of Americans with insurance is up, and the growth of health-care costs is down. And that's good for our middle class, and that's good for our fiscal future," he said.

THE ASSOCIATED PRESS

Struck in the neck

The Penn. chainsaw non-massacre

A tree trimmer is recovering after he was rushed to a hospital with a chainsaw blade embedded in his neck.

James Valentine was in a tree on Monday afternoon

when he was struck in the neck by the saw. Another worker helped him down, and his co-workers left the saw in place to try to limit the bleeding.

Valentine had emergency surgery. Doctors say the saw missed major arteries and, instead, cut into muscle. A hospital-released X-ray Tuesday shows the saw still in the 21-year-old's neck. THE ASSOCIATED PRESS

Greece

Prison guards charged with torture to death

Eight Greek prison guards were charged Tuesday with torturing to death an Albanian convict accused of fatally stabbing a guard in another jail after being refused temporary release to

visit his critically ill mother.

Prosecutor Nikos Antonarakis, in the central town of Amfissa, issued arrest warrants for the guards, who work in the northern Nigrita prison where Ilie Kareli, 42, was found fatally injured in his cell last week after a severe beating.

If proved, the torture charges carry a maximum life sentence in prison.

THE ASSOCIATED PRESS

Germany

Deportee forces flight turnaround

Police say a Lufthansa plane was diverted after a passenger being deported from Germany threatened the cabin crew with a broken razor blade.

Police said the 28-year-old man from Kosovo became unruly shortly after takeoff.

The man was being deported to Hungary, where he had applied for asylum before entering Germany illegally.

He said the pilot turned the plane back to Munich airport where the other 76 passengers disembarked as police arrested the man without incident.

One flight attendant was slightly injured.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
90.65¢ (+0.19¢)

Natural gas: \$4.27 (-\$0.10)
Dow Jones: 16,532.61 (+74.95)



TSX
14,380.55 (+45.24)



OIL
\$99.74 US (-\$1.84)



GOLD
\$1,280 US (-\$3.80)

Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to cus-

tomers feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost \$2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported Califor-

nia's former gay marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave \$1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents US, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new

GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

THE ASSOCIATED PRESS

Recall background

Since February, GM has recalled 2.6 million cars over the faulty switch.

- The automaker said new switches should be available starting April 7.

- Owners can ask dealers for a loaner car while waiting for the replacement part. Barra said GM has provided more than 13,000 loaner vehicles.



Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks.

HOLLY RAMER/THE ASSOCIATED PRESS

Momentum building. Factory sector improves

Many indicators are pointing to a stabilization and even modest improvement in Canada's troubled factory sector after more than a decade of stagnation and decline, a turnaround that, if sustained, could bolster Ontario's economy.

On Tuesday, the Royal Bank reported its manufacturing purchasing manager's index (PMI) rose to 53.3 in March, up from 52.9 per cent in February, and the second gain in as many months.

THE CANADIAN PRESS

Airbnb. Find a place to stay ... plus 14% tax in San Fran

Online home rental service Airbnb has agreed to pay San Francisco's 14 per cent hotel tax, addressing at least one concern of critics who say the company is flouting regulations.

Under the plan, Airbnb would collect taxes directly

from guests as an extra charge on their bill — the same way hotels do, the San Francisco Chronicle reported on Monday. For example, a guest staying in a \$100 US-per-night Airbnb room would pay an extra \$14 a night.

THE ASSOCIATED PRESS

Couples say yes to smartphone wedding apps

Just downloaded an iPhone app that organizes invitations and photos, or helps you shop for a diamond ring?

There's a wedding for that. Smartphone and tablet applications are part of many weddings today, from the initial planning to the honeymoon. The hectic pace of life has encouraged the trend, says Leila Lewis, an industry expert and founder of Inspired By This, a wedding website.

"In this day and age, the digital bride is planning the

wedding on the go, which means planning from a phone or tablet," Lewis says.

"Brides want to be planning, searching and experiencing weddings conveniently. They want quick access to an abundance of information, and that's what apps and technology provide."

The proliferation of wedding apps can make choosing which ones to use overwhelming. Here are a few worth noting:



Appy Couple screenshots

Appy Couple

Sharmeen Mitha-Sehgal created this app after the nerve-racking experience of trying to keep track of her sister's wedding itinerary — a wedding in Mumbai, India. Appy Couple aims to provide all wedding-related services on one platform. It helps manage RSVPs, send email invites and create a schedule of events. Guests can use it to book travel, share photos and submit song requests to DJs.

Wedding Party

One of the apps designed to boost the experience of the day itself by allowing guests to use their phones to share photos, videos and comments.

WedPics

This app lets couples create personalized photo albums of all the events surrounding their nuptials, from bridal showers to honeymoons, using pictures and videos uploaded by friends.

THE ASSOCIATED PRESS

FOR LIFE'S AWKWARD MOMENTS

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of *The Awkward Human Survival Guide*.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz ... and "How to Tell Someone You Don't Like Them," an excerpt from *The Awkward Human Survival Guide*.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The



JUST SAYIN'

Paul Sullivan

metronews.ca

more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in *The Awkward Human Survival Guide* for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

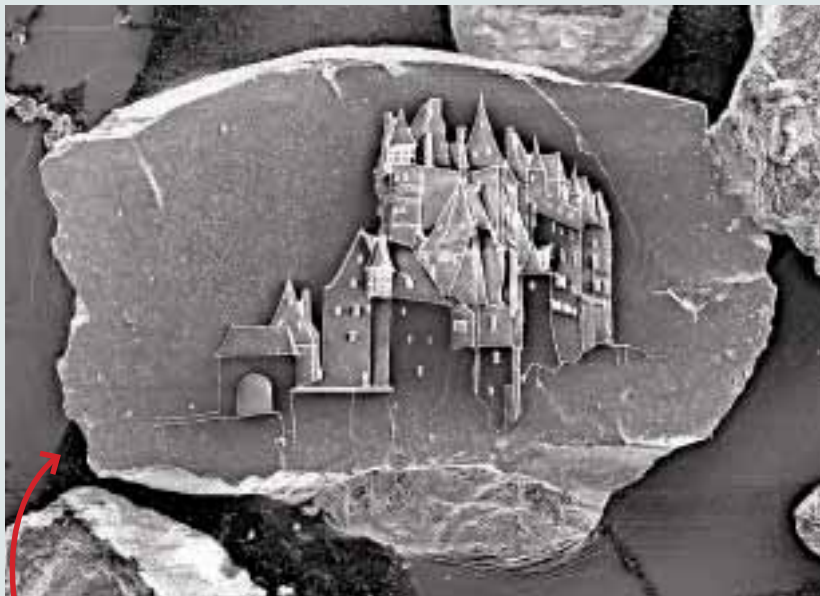
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. **METRO**

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

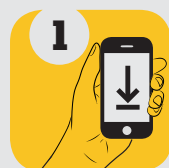
Vik Muniz

Machine fires ions to etch drawing

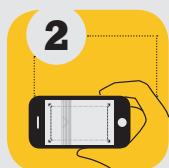
Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. **METRO**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



**DOWNLOAD
METRO NEWS APP**



**FILL SCREEN WITH
IMAGE TO SCAN**



**METRO AR IMAGE
JUMPS TO LIFE**



In this issue, you can find AR enhancements on pages 5 and 6 in News, page 11 in Scene, page 17 in Sports and page 18 in Drive.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Cats react to cat videos by ... licking themselves



**ANDREW
FIFIELD**
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty **Fine Brothers of Kids React To Viral Videos** fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."



Superhero by Cappy accident

Character study.

Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film



IN
FOCUS
Richard Crouse
scene@metronews.ca

Captain America, played by Chris Evans in this weekend's superhero flick *Captain America: The Winter Soldier*, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Cap-



Chris Evans and Scarlett Johansson in *Captain America: The Winter Soldier*. CONTRIBUTED

tain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evil-doer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like *Blade of Wrath* and *Vault of Vengeance* — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain Amer-

ica was featured in another story shot for the big screen. In 1990's *Captain America*, Cappy is played by Matt Salinger, son of author J.D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because

of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In *Easy Rider*, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

2 SCENE

Debankify and entertain some friends tonight.

Earn PC® points you can use for free groceries.

President's Choice
FINANCIAL

That's just good banking.

Some redemption restrictions; visit pcpoints.ca for details. © Loblaw's Inc. Used under licence. The loyalty program is provided by President's Choice Services Inc.



Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's \$10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four lay-

ers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**

The Rolling Stones back on the road following the death of Jagger's girlfriend

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead on March 17. The New York City medical examiner's office ruled



L'Wren Scott

her death a suicide.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Men or women? Miranda doesn't Kerr

MELINDA TAUB

Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, how-

ever — a nice strong chest to lie on."

So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.



Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he

said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**

Twitter



@tyrabanks

So U know when U have this ridiculously big purse & U stuff it with things U use only never...



@josswhedon

AAH! MEEEE!!!! Me and a lot of my friends on you!!!!
-spider nightmare



@rosemcgowan

I will haunt your dreams

WIN
up to
\$25,000
at 8:35am 12:35pm & 5:35pm

102.3 BOB fm
Playing whatever! Whenever!

Making the most out of a meandering Maui road trip

Conquering the coast.

Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure



ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
Follow @metrotoronto and @dobbernation

Widely trumpeted as the world's most glamorous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamorous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheese-making process, finishing with a sampling of the dairy's award-winning



Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO



Maui boasts some of the most beautiful views in the world.

chevre- and-chocolate truffles. A stone's throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'i Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling

beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Feast at Lele

In the heart of Lahaina, a few steps from the calm

lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific.

They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the

Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

3
LIFE

Tackle the market on your own terms

The luck of the drive.
Create your own career karma with a do-it-yourself attitude

SIDNEY EVE
MATRIX
TalentEgg.ca

Instead of waiting for opportunity to knock, why not get out there today and create it yourself?

To configure your own personal professional development plan — a custom fit for where you want to be at work — the key is developing a laser sharp focus.

Deciding what you want to be doing, where you want to be doing it, and pin-pointing exactly what it's going to take to get there, requires considerable inspiration, reflection and research.

But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most



To determine what knowledge you may need to succeed, ask people working in your target sector which skills they wish they had right now. ISTOCK

want.

Here are three DIY opportunities that allow you to take the initiative and open

doors for yourself.

Get insider industry intelligence

The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people may be more inclined to meet if you have a mutual acquaintance.

Expand your referral network

The challenge:

Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your resumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

THIS ARTICLE IS EXCERPTED FROM SIDNEY EVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.



Prepare to become a Police Officer.
Be part of tradition - train with
Ontario's premier training program.

Classes start May! Call **519.668.2000** or
www.westerveltcollege.com to get more information

Cognitive concepts turned on their head

Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard.

JANE
BORDEN
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of *Make It Stick: The Science of Successful Learning*.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry

Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO.

They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?

The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

And when you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

WESTGATE HONDA

TENT EVENT

April 1 to April 30

UNLOCK A DEAL

Finance & Lease rates from 0.99%

DEMO & 2013 MODELS CLEARANCE

\$200 Travel Voucher with vehicle purchase

Top dollar for your trade

Honda Used Certified rates as low as 1.99%

Cash Deals Up to \$5,000 Off

VOTED BEST IMPORT CAR DEALERSHIP IN LONDON

Model	Lease/Buy Price	Cash Incentive	Down Payment
2014 ACCORD LX	\$125 @ 1.99% LEASE BI-WEEKLY	\$2000	\$0 DOWN PAYMENT**
2014 CIVIC DX	\$85 @ 1.99% LEASE BI-WEEKLY	\$1000	\$0 DOWN PAYMENT**
2014 CR-V LX	\$135 @ 1.99% LEASE BI-WEEKLY	\$2500	\$0 DOWN PAYMENT**
2014 FIT DX	\$67 @ 0.99% LEASE BI-WEEKLY	\$1500	\$0 DOWN PAYMENT**

519-472-4890
westgatehonda.com

680 Oxford St West

HONDA

*MSRP includes destination charge. Tax, license, title, dealer fees, and optional equipment extra. **Offer requires lease or financing through Honda Financial Services. Offer valid on new 2014 vehicles. While supplies last. Offer ends April 30, 2014.

Dombrowski has earned his stripes

MLB. Tigers GM's ability to adapt to changes in baseball and markets has given him gift of longevity

Shortly before the start of a spring training game last month, Dave Dombrowski paused briefly to sign a few autographs for fans.

Yes, on a team that includes Miguel Cabrera and Justin Verlander, even the general manager is a bit of a celebrity.

"That probably comes from longevity," Dombrowski said with a laugh. "So I don't know if that's good or bad."

Dombrowski doesn't go out of his way to seek attention, but his track record over the last quarter century speaks for itself, and the tall, silver-haired GM is on any short list of baseball's most recognizable executives. Now in his 13th season with the Detroit Tigers after successful stints in Montreal and Florida, Dombrowski can look back with a unique perspective on how the game has changed over the course of his career.

"We've become such a large industry. With that comes more dollars being spent for players, more employees in front offices, more scouts, more player development people," Dombrowski said during a spring training interview with The Associated Press. "The part where it hasn't changed is that put-



Dave Dombrowski, now in his 13th season as the Tigers' general manager, has also had success with the Expos and Marlins. MARC SEROTA/GETTY IMAGES

All the right moves

Sure, ace Justin Verlander was acquired through the amateur draft, but the following are some recent savvy trades made by Dave Dombrowski.

- Miguel Cabrera, the AL MVP in 2012 and 2013, was acquired from Florida

after the 2007 season for several prospects who didn't become stars.

- In 2009, Curtis Granderson was traded, but the Tigers received right-hander Max Scherzer and outfielder Austin Jackson.

ting together a club, in many ways, is very similar. We have a lot more devices and tools to use, because we have the statistical analysis.

"We have computers. People kind of forget that

they didn't exist very much back then."

He's been a general manager for three very different franchises, each with its own ownership style and facing its own challenges within its

market. And the prototype of a big-league general manager has changed quite a bit over the years.

"You see cycles where there was a time where it was really important to be a guy that played the game — a player that played the game," Dombrowski said. "There was a cycle for them becoming general managers, and then there was a cycle where that was more out, and then it was people who had player development and scouting background, so that was important. Now you're almost at the point where we're at that statistical analysis aspect of it." **THE ASSOCIATED PRESS**

OHL playoffs

Austin listed as day to day

The London Knights blue-line corps has taken another hit after it was announced Tuesday that defenceman Brady Austin has mononucleosis.

He's listed as day to day, which means he could join overage rearguard Zach Bell on the sidelines as the team gears up for its opening game in a playoff series against the high-scoring Guelph Storm on Friday.

Bell suffered a broken right fibula in last week's clinching game against the Windsor Spitfires and will almost surely be out for the rest of the season, including the Memorial Cup.

Meanwhile, the OHL announced that some of the Knights' finest have been named finalists for awards. Winners will be announced as the playoffs continue.

The finalists are:

- Mitch Marner, Rookie of the Year;
- Chris Tierney, Most Sportsmanlike Player of the Year/William Hanley Trophy;
- Nikita Zadorov, Defenceman of the Year/Max Kaminsky Trophy;
- Max Domi, Most Outstanding Player of the Year/Red Tilson Trophy. **METRO**

MLB

Reyes on DL one at-bat into season

The Toronto Blue Jays have placed shortstop Jose Reyes on the 15-day disabled list with hamstring tightness suffered in his first at-bat of the season.

The Jays called up infielder Jonathan Diaz from triple-A Buffalo to replace Reyes. **THE ASSOCIATED PRESS**

Debankify and score better seats.

Save up to \$200 yearly with a no fee bank account.

President's Choice
FINANCIAL

That's just good banking.

Savings comparison based on the fees for limited and unlimited transaction account packages and one order of cheques as offered by the major Canadian banks as of January 1, 2014.
©Loblaws Inc. Used under licence. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

Wick'd tough

The secret's out.

Wickenheiser reveals she played with a broken foot at Sochi Games

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I've had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully."

"I knew it was broken at the time (of Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi



Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks,

with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot."

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of months' rest, I should

be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Wednesday's Metro AR poll

HAROLD CUNNINGHAM/GETTY IMAGES



Metro AR poll results

50% Metro News readers voted the New York Islanders' 15-year, \$67.5-million contract to Rick DiPietro the worst from our list of bad contracts. Here's how the rest of the underperformers fared :

19% Dion Phaneuf (7 years, \$49M, 2013)

13% Gilbert Arenas (6 years, \$111M, 2008)

6% Miguel Cabrera (10 years, \$292M, 2014)

6% Ricky Romero (5 years, \$30.1M, 2010)

6% Michael Vick (10 years, \$137M, 2004)



Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot."

Hayley Wickenheiser
Team Canada women's hockey gold medalist

COUNTRY

104

#1 for Country HITS!

country104.com

f

t

CMT

Country 104 and CMT
Proud Partners in Country Music

2015 Hyundai Genesis

- **Type.** Four-door, all-wheel drive full-size sedan
- **Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination).** \$44,800

All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.



Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

Hyundai's new beginning



PHOTOS: WHEELBASEMEDIA.COM

Compare



- 1 Chrysler 300 AWD**
Base price: \$40,800
Solid, powerful, full-size sedan with optional AWD and 470-horsepower V8



- 2 Lexus ES**
Base price: \$40,250
Popular FWD V6 luxury sedan is also available as a gas-electric hybrid



- 3 Cadillac CTS AWD**
Base price: \$55,300
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim

Review. Competitors?

As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxocruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-

for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED



The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

taillights.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous

design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touch-screen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

Horoscopes

Aries

March 21 - April 20

You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

Taurus

April 21 - May 21

What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicious but today's cosmic set-up warns it's a bad idea to take chances.

Gemini

May 22 - June 21

Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

Cancer

June 22 - July 23

If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

Leo

July 24 - Aug. 23

Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

Virgo

Aug. 24 - Sept. 23

Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

Libra

Sept. 24 - Oct. 23

You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

Scorpio

Oct. 24 - Nov. 22

You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

Sagittarius

Nov. 23 - Dec. 21

If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

Capricorn

Dec. 22 - Jan. 20

If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

Aquarius

Jan. 21 - Feb. 19

Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

Pisces

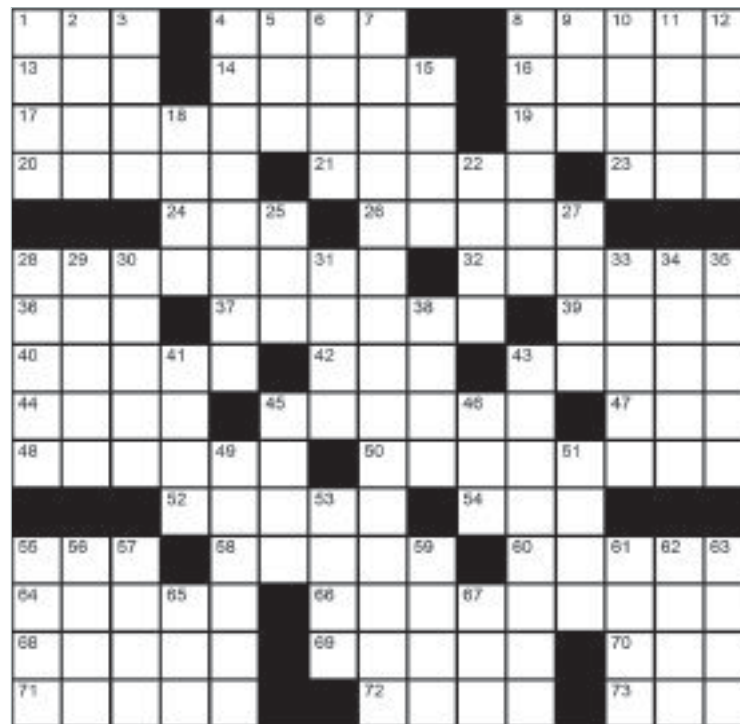
Feb. 20 - March 20

If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Actor Stephen
- ___a-brac
- Manitoba's highest elevation, ___ Mountain
- ___ Dara (Jazz musician father of rap star Nas)
- Ms. Remini's
- Daisy type
- Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
- Freshen
- Cream cheese flavour, ___ & Onion
- Card deck's Jack
- Classified ___
- Suppositions
- Stairway sound
- It's protected in a National Park
- Arm injury aids
- Antacid brand
- Skillful
- Actress Ms. Petty
- Lawyer's expertise
- Newt variety
- Additional
- Bike part
- Botch: 2 wds.
- Freezer stuff
- Humid
- BC village; or, 'Lanes' to shop at in downtown Toronto
- 1950s fashion, now
- Mr. Gershwin
- Camel hair garment
- Broadway offer-



ings

- Stage, as of a cycling event, in France
- ___ Bay (Canadian body of water)
- Licence plate motto: '___ British Columbia'
- Unaccompanied
- Accounting firm,

___ & Young

- Early hrs.
- Early ___ (Morning person)
- Video game maker
- Charlotte ___
- Campus mil. program in The States

2. "In the Valley of ___"

- (2007)
- Posh car
- Iris which is Quebec's provincial flower: 2 wds.
- Home, briefly
- "May ___ a question?"
- Typical weather

forecast in April: 3 wds.

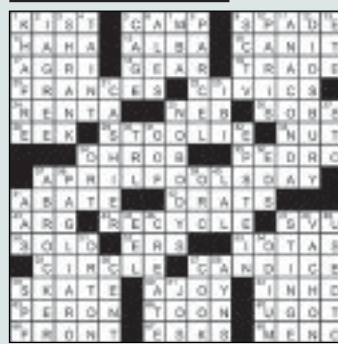
- ___ Shield (Biggest ecozone in Canada)
- Big Joe Mufferaw's prop
- Ms. Dunham
- Tinted
- Longbow woods
- Incision mark

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Roman love poet
- Suit piece
- Comedian Mr. Caesar
- Tartan garb
- East's opposites
- People of the Arctic
- Longest river of France
- Available
- Pitcher's accomplishment, ___ game
- ___Roman (Wrestling)
- Sea nymph
- "___ blessing!"
- Virtually
- Gilbert & Sullivan output
- Legendary story
- Submachine gun type
- Canadian folk musician, Don ___ (b.1909 - d.1973)
- Sixth/seventh notes, variably
- Boxer's pre-bout garb
- Slightly open
- Island of Indonesia
- Old Testament: Book of ___
- Reasoned
- From way out
- Athletic footwear brand
- Besides that
- Hydrocarbon suffix
- 18th President ...his monogram

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 8°/0° Partly cloudy

Thursday 5°/2° Cloudy

Your #1 weather forecast now available in HD. Check your local listings for details.

The Weather Network HD

©The Weather Network 2014

visit metronews.ca



Medix College

519.659.4822

of Healthcare

A division of the Career College Group



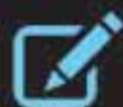
**FINANCIAL AID IS AVAILABLE
FOR THOSE WHO QUALIFY**



**SMALL CLASS SIZE FOR
OPTIMIZED LEARNING**



AMPLE FREE PARKING!



**CAREER SERVICE DEPARTMENT
DEDICATED TO JOB PLACEMENT**

DIPLOMA PROGRAMS

COMMUNITY SERVICE WORKER

DEVELOPMENTAL SERVICE WORKER

INTRA ORAL DENTAL ASSISTANT

MASSAGE THERAPIST

MEDICAL LABORATORY ASSIST./TECHNICIAN

MEDICAL OFFICE ADMINISTRATOR

PERSONAL SUPPORT WORKER

PHARMACY ASSISTANT

HIRED!

Sarah P.

Medical Office Administrator

Natasha P.

Medical Lab Assistant/Tech

Jessica C.

Community Service Worker



LONDON
MEDIXCOLLEGE.CA